

Love On The Run

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Levi J. Hubbard (USA)
音樂: Caribbean Queen - Billy Ocean



This dance is dedicated to my Mom, who loves this song and asked me to choreograph a dance to it.

SYNCOPATED CROSS-BALL ROCKS, MAMBO FORWARD, MAMBO BACKWARDS

- 1 Right - cross step on (ball of) foot in front of left foot, while slightly lifting left foot off floor
- & Left - lower foot back to floor
- 2 Right - step back in place
- 3 Left - cross step on (ball of) foot in front of right foot, while slightly lifting right foot off floor
- & Right - lower foot back to floor
- 4 Left - step back in place
- 5 Right - step (rock) slightly forward, while slightly lifting left foot off floor
- & Left - lower foot back to floor
- 6 Right - step back in place
- 7 Left - step (rock) slightly backward, while slightly lifting right foot off floor
- & Right - lower foot back to floor
- 8 Left - step back in place

(2) ¼ TURNS (LEFT) WITH HIP ROLLS, VINE (RIGHT) WITH ¼ TURN (RIGHT), HITCH

- 9 Right - step slightly forward
 - 10 On (balls of) both feet pivot ¼ turn left
 - 11 Right - step slightly forward
 - 12 On (balls of) both feet pivot ¼ turn left
- On counts 9-12 roll hips to the left ending with weight on left foot**
- 13 Right - step to side
 - 14 Left - cross step behind right foot
 - 15 Right - turning ¼ turn right, step forward
 - 16 Left - hitch up knee

(2) STEPS BACKWARDS, COASTER STEP, MODIFIED KICK-BALL CHANGES

- 17 Left - step backwards
- 18 Right - step backwards
- 19 Left - step backwards on (ball of) foot
- & Right - step together on (ball of) foot
- 20 Left - step forward
- 21 Right - turning body 1/8 turn right, kick foot diagonally forward across left foot (keeping head forward & dropping right shoulder slightly down, left shoulder up)
- & Right - step together on (ball of) foot (turn to face forward)
- 22 Left - step slightly forward
- 23 Right - turning body 1/8 turn right, kick forward diagonally forward across left foot (keeping head forward & dropping right shoulder slightly down, left shoulder up)
- & Right - step together on (ball of) foot (turn to face forward)
- 24 Left - step slightly forward

Arm styling for counts 21 and 23: when kicking forward, bring right arm up in ½ circle left punching fist upwards while punching left fist diagonally towards floor

Arm styling for counts &22 and &24: bring left arm up to middle chest, while punching right fist diagonally towards floor

(RIGHT & LEFT) LUNGES WITH HIP ROCKS, STEP TOGETHER, HOLD

25 Right - step out to side in a lunge, while bumping right hip to side
& Left - shift weight to foot & bump left hip to side
26 Right - shift weight to foot & bump right hip to side
& Left - shift weight to foot & bump left hip to side
27 Right - bring foot back next to left
28 Hold for (1 count) while clapping hands together
29 Left - step out to side in a lunge, while bumping left hip to side
& Right - shift weight to foot & bump right hip to side
30 Left - shift weight to foot & bump left hip to side
& Right - shift weight to foot & bump right hip to side
31 Left - bring foot back next to right
32 Hold for (1 count) while clapping hands together

REPEAT
